

# Identifying Personal Emotional Triggers

## Why is This Skill Important?

Understanding your emotional triggers helps you respond thoughtfully rather than react impulsively. Identifying what triggers emotional distress allows you to manage emotions more effectively.

## Why Might You Struggle With This?

Check all that apply:

- ☐ I react emotionally without knowing why.
- ☐ I avoid thinking about what upsets me.
- ☐ I struggle to recognize patterns in my emotions.
- ☐ I feel overwhelmed when emotions take over.



### ACTIVITY

## Identify Your Emotional Triggers

Think about a time when you had a strong emotional reaction. What triggered it?

Situation	Emotion Felt	Trigger (Person, Event, Thought)	Was Your Reaction Helpful? (✓/X)
			<input type="radio"/> Yes <input type="radio"/> No
			<input type="radio"/> Yes <input type="radio"/> No
			<input type="radio"/> Yes <input type="radio"/> No
			<input type="radio"/> Yes <input type="radio"/> No
			<input type="radio"/> Yes <input type="radio"/> No
			<input type="radio"/> Yes <input type="radio"/> No



# Developing Your Emotional Awareness Strategy

What is one common emotional trigger for you?

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How can you recognize when this trigger is happening in the moment?

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What is one alternative response you can try when you feel triggered?

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## Reflection Question:

How can understanding your triggers help you take control of your emotional responses?

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